



Camano Swim, Fitness, & Social Club Community Newsletter

Ph: 360-387-1655 Email: camanocountryclub@frontier.com

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From the Office Manager

Clubhouse Members thank you for your membership and support. There are many changes coming in April.

*We lost our beloved fitness instructor Kathy Leone to retirement in Arizona.

*I have been approached by various fitness instructors with new class ideas. These instructors are going to start teaching a variety of classes starting April. Please check the Fitness Class schedule and the Activity Schedule.

*Help us Welcome these new instructors & meet the current instructors on Monday, April 16th 10am -11am at a fun social brunch "Meet the Fitness Instructors" Bring a breakfast item to share. Coffee and juice will be provided.

Come & Meet New Instructors: Ginny, Sue Thees, Sarah & Current Instructors: Ginger, Kim, & Hailey

There are still other changes to come. The clubhouse needs your continued paid membership to keep operating.

Many members have decided to drop their memberships because of the unknown fate of the clubhouse. The clubhouse will continue to operate as long as it can through clubhouse membership dues, as it always has, as long as we have enough paying members.

If you enjoy using the facility and would like to see the clubhouse move forward, Please do not stop paying your clubhouse dues or give up. We need everyone's membership dues to stay in operation or we will definitely have to give up the clubhouse if everyone quits.

Continued.....

Upcoming Events

**Friday, 4/06 4pm-7pm
Farewell Party for Kathy Leone.
Bring appetizer to share &
BYOB! Cake & Coffee will be
provided.**

Friday 4/13 5:30pm TGIF!

**Monday, 4/16 10am
New classes and new
instructors! CHECK OUT THE
SCHEDULES! Please help us
welcome the New Instructors.
Bring breakfast item to share!
Coffee and juice provided.**

Many thanks!

Thank you Kathy Leone for many years of classes, friendships, & fun. Happy retirement in AZ!

Swim Lessons!

Swim Lessons starting in May. Register Now to RESERVE a spot. Email Yorlly to camanocountryclub@frontier.com

Many Levels available. Register early since spots fill up quickly.

Like us on Facebook:

Camano Swim, Fitness, and Community Club Share your clubhouse pictures on FB.

Email them

to: CamanoCommunityClubhouse@gmail.com

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As I mentioned before:

SilverSneakers you can help by using the facility at least 10 times a month. Get your SilverSneakers neighbors and friends to sign up & also use the clubhouse at least 10 times a month. & We added some new classes for SilverSneakers too!

Thank you for reading this!

Yorlly Stites- Office Manager

camanocountryclub@frontier.com

FROM THE CLUBHOUSE COMMITTEE

Thank you Volunteers for your time and support! Happy Spring.

Sally Coffey, Clubhouse Committee Chair

More Important News

New at Clubhouse! Sunrise Yoga starting Monday, April 16

A 4-week yoga workshop, (8 classes), every Monday and Wednesday morning. Gently stretch yourself to better health and energy. Traditional yoga poses will be presented in a gentle, therapeutic way. Please bring a yoga mat. **Cost of each session is \$50, (\$40 for Camano Country Club Members).** Workshop runs April 16 through May 9, on Monday & Wednesday mornings, 7:00 – 8:00 A.M. (Since it is early, we will enter through the south side door.) Must register a minimum of 5 student for this session. Call, text or email Yogi Sue Thees at: 360-770-2489 or sue.thees@gmail.com to register.

If you have any concerns whether this class is right for you, please consult your own physician.

TGIF

Come join us on Friday, APRIL 13th at 5:30pm

Bring an appetizer to share plus BYOB.

Call Paula at 425-213-4331 for details.

Ongoing Classes at Clubhouse:

CHECK OUT ALL THE NEW CLASSES!

Mon, Tues, Wed, & Fri. 8:30am Water Aerobics w/Ginger or Kim

Tuesdays & Thursdays 4pm Water Aerobics / SilverSplash Water Class with Kim starting 4/10 & 4/12 Free to SilverSneakers & Clubhouse Members

Starting 4/15 & 4/18 **Sundays 10:15am & Wednesdays 5pm Gentle Yoga** w/Sarah

Starting 4/16/18 **Mondays & Wednesdays 7am Sunrise Yoga** w/Sue Thees:

Tuesdays & Thursdays 10:15am SilverSneakers Classic Class w/Ginny & Kim: Free to SilverSneakers Members!

Wednesdays 9am Yoga w/Holly: Free to Clubhouse Members.

Thursdays 3:15pm Line dancing w/Kathy & Sarah startina 4/12/18

2018 St. Pat's Dinner Thank You Notes

What a great dinner! We had 50 dinner guests, 8 more than last year. We had a few new people. It was great visiting with them. This year we had two persons with birthday on St. Pat's day, Evie Parcels and Patrick Lansing, we all sang Happy Birthday.

Thank you to all who helped:

Soda Bread Bakers: Judy Friedrich, Linda Boland, Kathleen Stariha, Keith Tunne

Decorating and table setting: Kay Sievers, Becky Albers, Kathy Harvey, Mary Burns

Cashier: Evie Parcels, sorry you had to work on your birthday.

Pickled Veggies: Cathryn Hodl, Kay Sievers, Judy Friedrich

Cooks: Paula Meckna, Mary Burns, Judy Friedrich, Karen Metz, Kathleen Stariha

Servers: Diane Martines, Don Simonson, Karen Metz, Judy Friedrich, Paula Meckna

Clean-up: All the guests, that were able and willing.

Great job to all! Kathleen Stariha

Would you be interested in a concert?

The Skagit Valley Chorale

"Celebrating in Song, 2018"

Dr. Adam Burdick, Conductor

McIntyre Hall, Mount Vernon

Date: Sunday, May 6 at 2:00 pm

Tickets: \$14.00

We could get a block of tickets and car pool to event.

Tickets must be paid for in advance.

Please email or call if interested, 360 572 4112

Kathleen Stariha